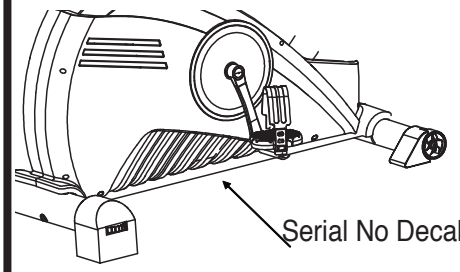
PRO-FORM®

PERFORMANCE & INNOVATION

USER'S MANUAL

Model No. PFIVEX87212.0
Serial No. : _____



Write the serial number in the space above for reference.

QUESTIONS ?

If you have questions, or if there are missing parts, please contact us:

UK
Call: 08457 089 009
From Ireland: 053 92 36102

Website: www.iconsupport.eu

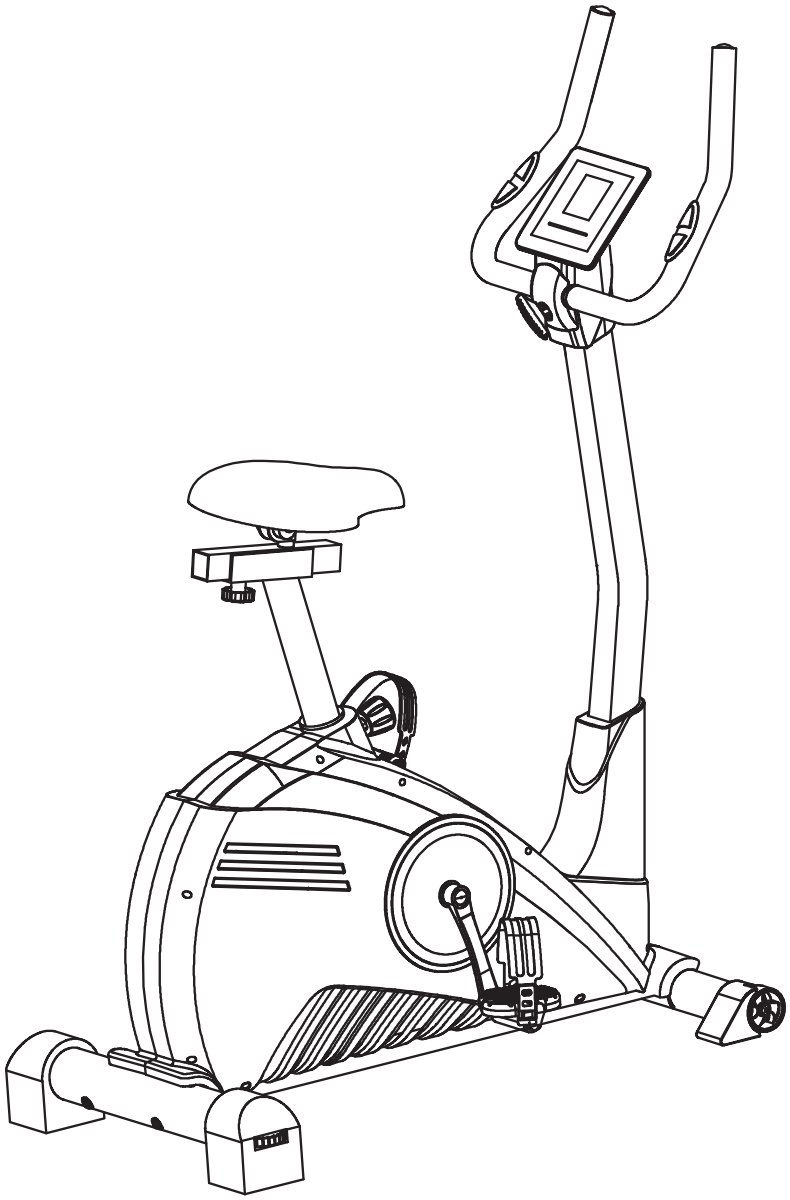
E-mail: csuk@iconeurope.com

Write:

ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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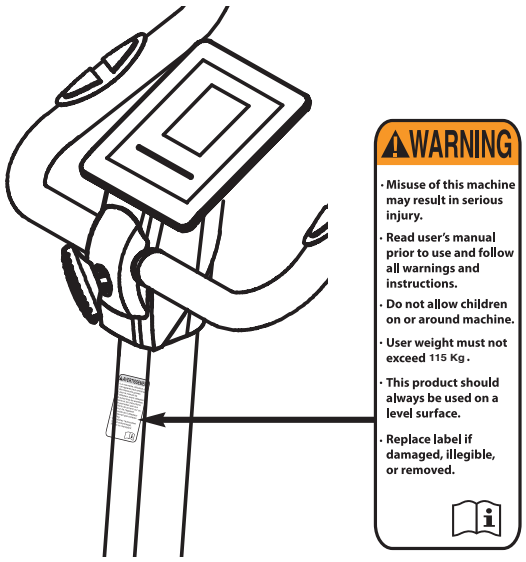
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.
Note: The decal(s) may not be shown at actual size.


WARNING
· Misuse of this machine may result in serious injury.
· Read user's manual prior to use and follow all warnings and instructions.
· Do not allow children on or around machine.
· User weight must not exceed 115 Kg.
· This product should always be used on a level surface.
· Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING : To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your bike before using it. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. Use this bike only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.

4. The bike is intended for home use only. Do not use the bike in a commercial, rental, or institutional setting.

5. Keep the bike indoors, away from moisture and dust. Place the bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the bike and 2 ft. (0.6 m) on each side.

6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

7. Keep children under age 12 and pets away from the bike at all times.

8.The bike should not be used by persons weighing more than 250 lbs. (115 kg).

9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection while exercising.

10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the bike.

11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

12. Keep your back straight while using the bike; do not arch your back.

13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

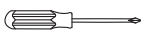
BEFORE YOU BEGIN

Thank you for purchasing the ProForm® Slide Touch 6.0. The bike provides an array of features designed to make your workouts at home more effective and enjoyable.

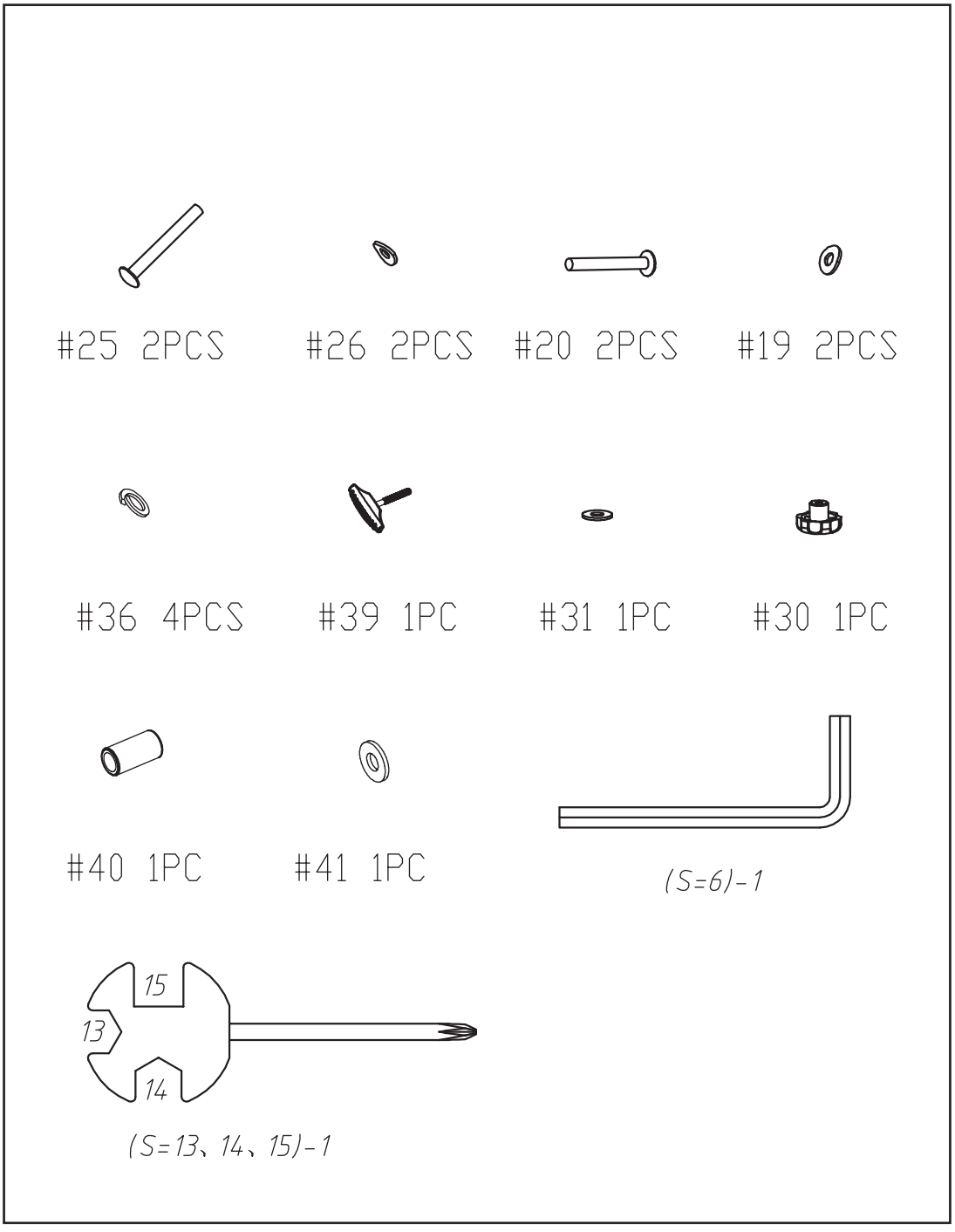
For your benefit, read this manual carefully before you use the bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model
number and serial number before contacting us. The model number is PFIVEX87212.0 and the location of the serial number decal are shown on the front cover of this manual.

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

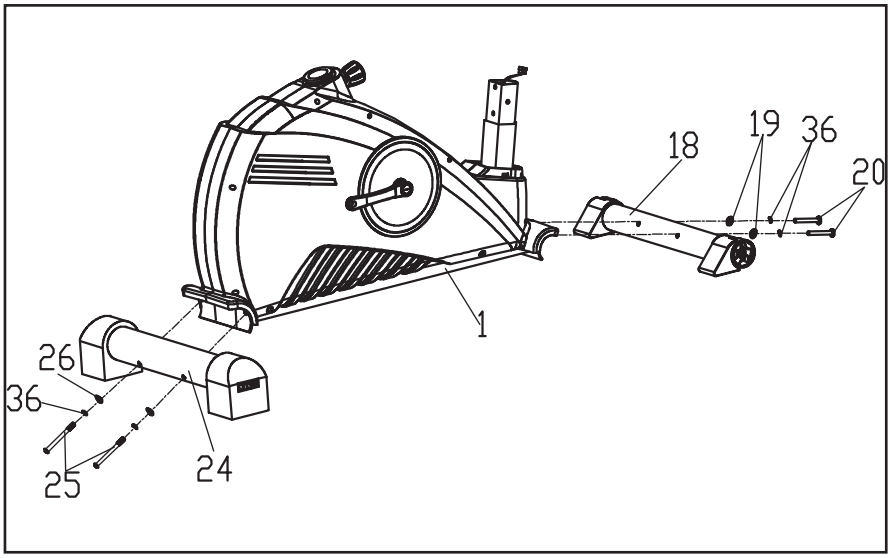
In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench.

As you assemble the exercice bike, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly.
Note: If a part is not in the hardware kit, check to see if it has been preassembled.



STEP 1

Attach the front stabilizer (18) to the main frame (1) with the Allen bolts (20), Spring washer (36) and Arc washers (19)
Fix the rear stabilizer (24) to the main frame (1) with the Allen bolts (25), Spring washer (36) and Arc washers (26) as shown.

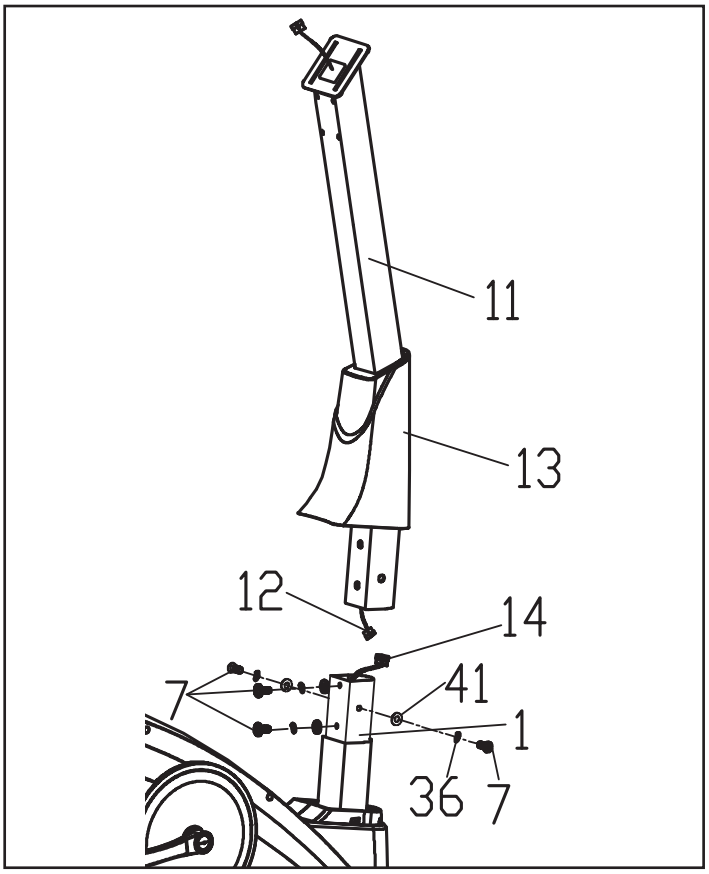


STEP 2

Slip the Mast shield (13) onto the handlebar post (11)
Connect the lower sensor wire (14) to the extension sensor wire (12).

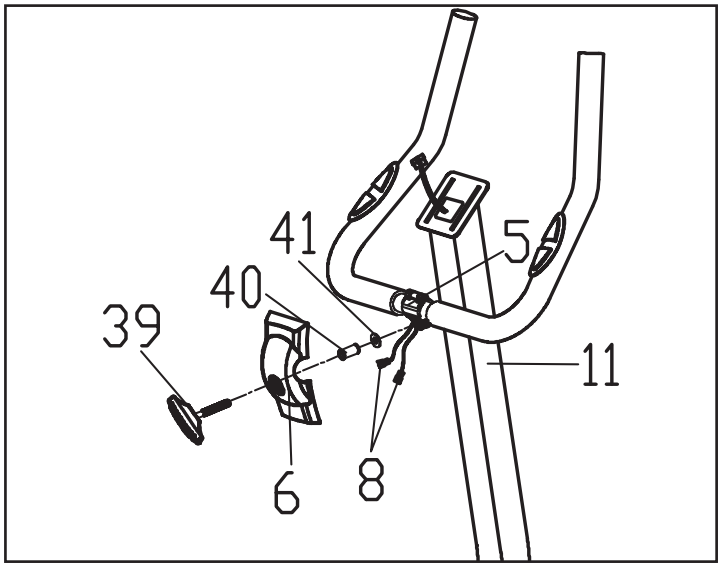
Fix the handlebar post (11) on the main frame (1), using the Allen bolts (7), spring washers (36), and flat washers (41) as shown.

Slip down the Mast shield (13) and fit in the place.



STEP 3

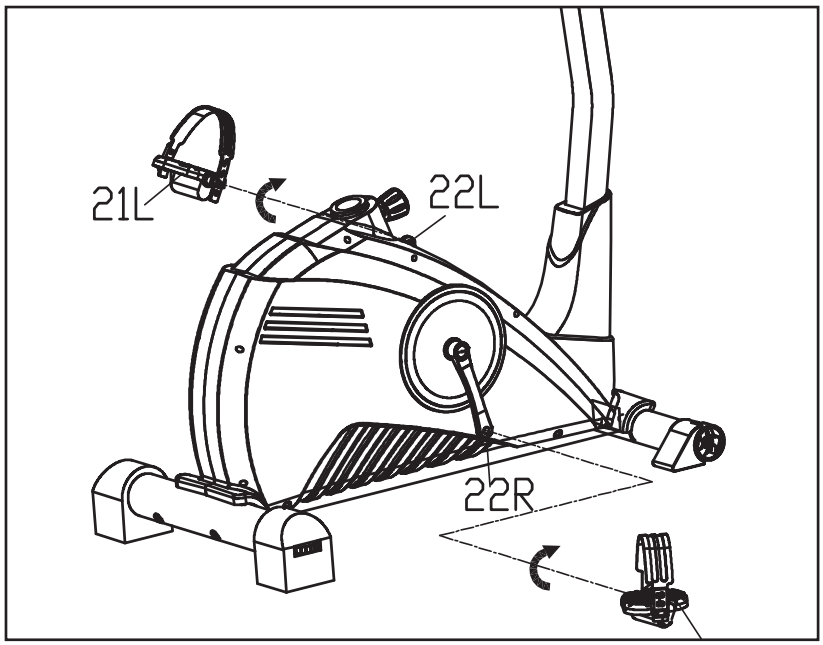
Feed the pulse sensor wires (8) out of the handlebar post (11) through the computer bracket on the top.
Attach the front handlebar cover (6) on the handlebar (5) and adjust the handlebar (5) to a proper position, then tighten handlebar (5) to the handlebar post (11) with the Bolt (39), spacer (40) and flat washer (41) as shown.



STEP 4

Attach the pedals (21L/R) to the cranks (22L/R) respectively, viewed from the rider's exercising position.
Always make sure the pedals are securely tightened before any exercise.

Note: Both pedals are labeled L FOR LEFT and R FOR RIGHT.
To tighten the Left pedal in COUNTER-CLOCKWISE direction and the Right pedal in the CLOCKWISE direction.

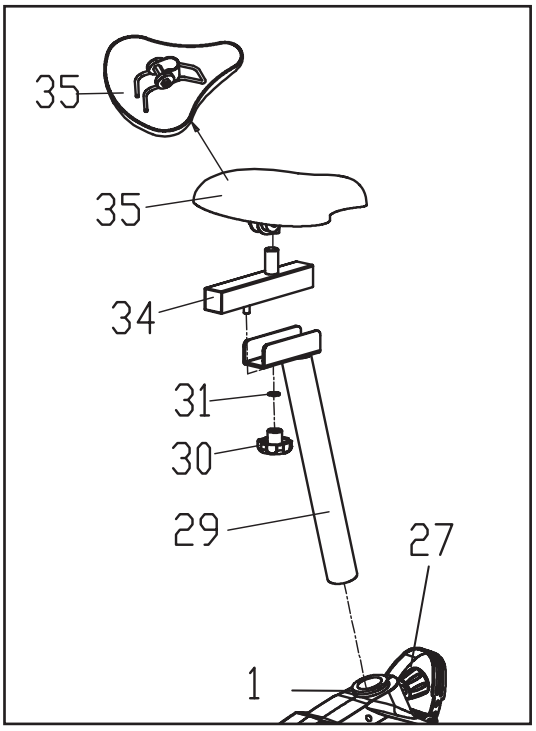


STEP 5

Attach the saddle (35) to the horizontal saddle post (34), tighten with the screw and nut under the saddle.

Adjust the horizontal saddle post (34) longitudinal separation, then fix the horizontal saddle post (34) on the vertical saddle post (29), secured it with the flat washer (31) and knob nut (30) as shown.

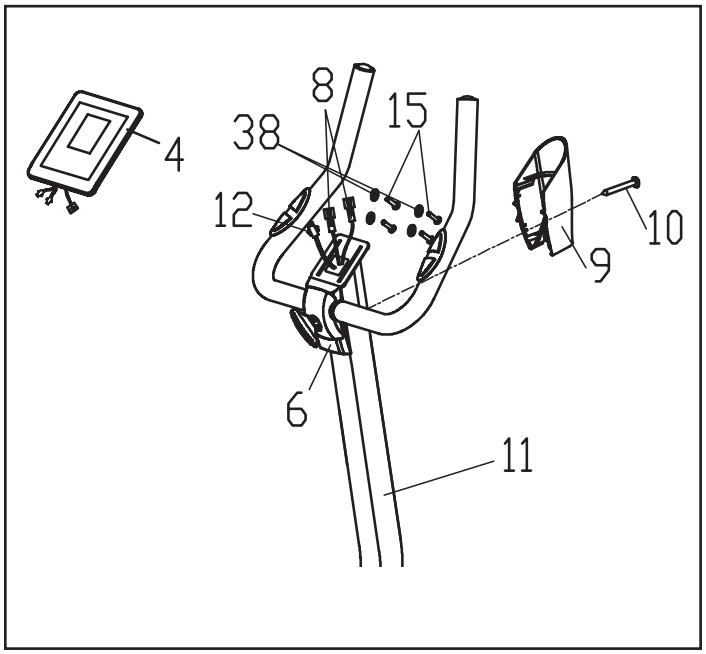
Insert the saddle post (29) into the main frame (1), secured with the knob (27) at a proper height as shown.



STEP 6

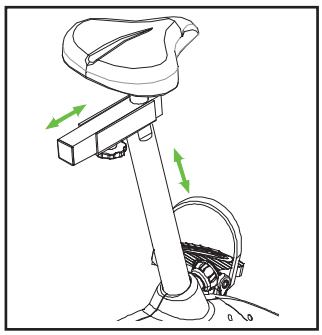
Connect all the wires (8 & 12) to the wires come from the meter (4), and then install the meter (4) onto the meter bracket on the top of the handlebar post (11), secured it with the screws (15) and flat washers (38) as shown.
Attach the rear handlebar cover (9) to the handlebar post (11), fit the front and rear covers (6 & 9) properly, and then secure them together with the cross screw (10) as shown.
Insert one side of adapter (37) into the tail of bike, and another plug insert to power supply.

Now, your machine is ready for use.



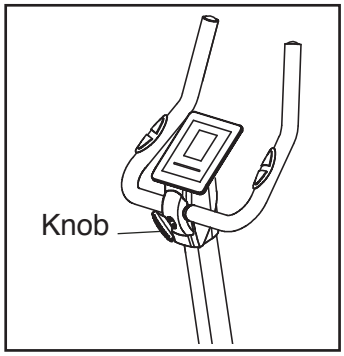
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT AND THE LATERAL POSITION OF THE SEAT



For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first loosen the seat post knob. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob. Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post. Then, tighten the knob.
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob

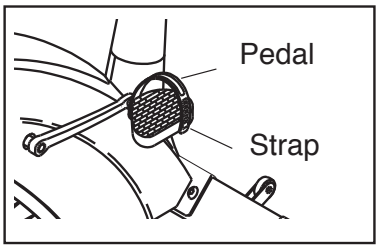
HOW TO ADJUST THE ANGLE OF THE HANDLEBAR



To adjust the angle of the handlebar, loosen the pivot handle, rotate the handlebar to the desired angle, and then retighten the pivot handle.

HOW TO ADJUST THE PEDAL STRAPS

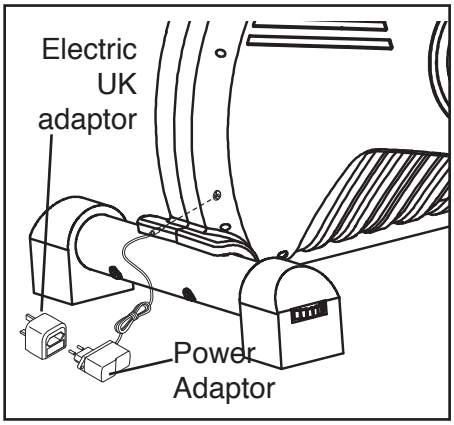
To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals. Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.



HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

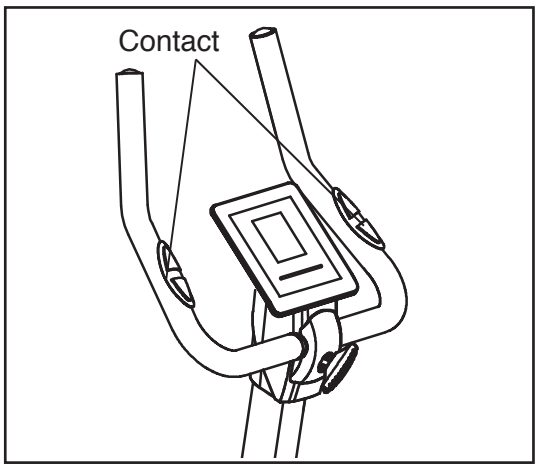
Plug the power adapter into the receptacle on the frame of the exercise bike.
Next, plug the power adapter into the plug adapter. Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO MESURE YOUR HEART RATE

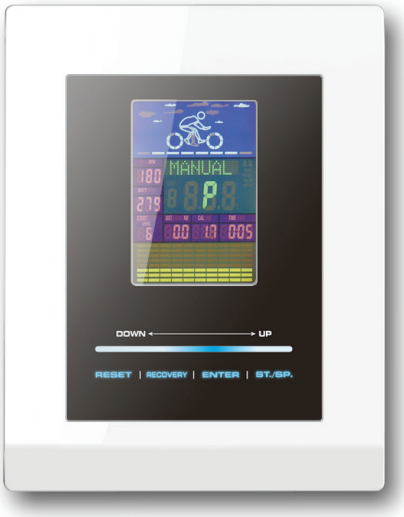
Measure your heart rate if desired.

You can measure you heart rate using the handgrip pulse sensor.
If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.



To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly.
When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.
If your heart rate is not shown, make sure that your hands are positioned as described.
Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

CONSOLE FEATURES



Follow your progress with the display.
The console has a large touch screen that shows the following workout information:
Speed—This display shows your pedaling speed, in revolutions per minute (rpm).
Time—This display shows the elapsed time.
Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.
Distance—This display shows the distance you have pedaled, in total revolutions.
Calories—This display shows the approximate number of calories you have burnt.
Pulse—This display shows your heart rate when you use the handgrip pulse sensor.
Watts—This display shows the watts you developed during the workout.

HOW TO USE THE CONSOLE

Make sure that the adapter is plugged. (see page 8 HOW TO PLUG THE POWER ADAPTER). If there is a sheet of clear plastic on the face of the console, remove it.

1. Turn on the console

To turn on the console, press any button on the console or simply begin pedaling.

2. Press the touch screen buttons :

ENTER :
Pressing ENTER, in order to validate the data.

UP and DOWN :
By pressing these buttons, you will increase or decrease the value during the preset or to adjust the resistance.

START/STOP:
For a quick start, press this button to start the counting of the console, it will start from 0.

RECOVERY :
Press this button to use the Pulse recovery test (only available at the end of a program).

3. Start pedaling and follow your progress with the display :

While you exercise, the console will display the selected mode.

4. When you are finished exercising, the console will automatically turn off

If the pedals do not move for a few seconds, the word STOP will appear in the display, and the console will turn off.
At the end of a program, you will hear a tone and the program will flash.

HOW TO USE THE PULSE RECOVERY TEST :

It is a function to check the condition of pulse recovery that is scaled from 1.0 to 6.0 while 1.0 means the best and 6.0 means the worst and the increment is 0.1. In order to get rated correctly, users must test it right after the workout finished by pressing “TEST RECOVERY ” key and then stop exercising. After the key is pressed, please also apply the heart rate detector appropriately, the test will last for 1 minute and the result will show in the display. If the computer does not detect your current heart rate, pressing “TEST RECOVERY ” will not enter into pulse recovery test. During the pulse recovery test, press “TEST RECOVERY ” to exit the test and return to the stop status.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console,press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select the manual program

When you turn on the console, the word MANUAL will flash on the display.
if not press ENTER during 3 secondes and it will reset the computer.
When MANUAL is flashing, press ENTER in order to select it.

3. Entering your datas

Time is flashing, use UP and DOWN to select the value and press ENTER.
Distance will flash, set the value on the same way and press enter to validate. Do the same for Calories and finally press START / STOP to begin the program.
For a quicker start, press the Quick start button and start pedaling.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are sixteen resistance levels. Note: After you've pressed the buttons, it will take a moment for the pedals to reach the selected resistance level.

5. Follow your progress with the display.

The console displays the elapsed time and the distance you've pedaled. Note: When a smart program is selected, the display will show the time remaining in the program instead of the elapsed time.It also displays your pedaling speed (in RPM), the calories and fat calories you've burnt and also your heart rate when you use the handgrip pulse sensor.

6. Measure your heart rate if desired.

see HOW TO MEASURE YOUR HEART RATE page 8

7. When you are finished exercising, the console will automatically turn to sleeping mode

If the pedals do not move for a few seconds the console will turn to sleeping mode. If the pedals do not move and the console buttons are not pressed for a few minutes, the temperature will appear on the display and then the console will automatically turn off.

HOW TO USE THE PRESET PROGRAMS :

1. Turn on the console.

To turn on the console,press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a program

When you turn on the console, the word MANUAL will flash on the display.
Press Up or DOWN in order to select the program, select it according to your goals and to the profile shown on the display. Press ENTER to validate.

Note : Programs 2, 3, 4, 6 and 7 being Performance programs and programs 1, 5, 8, 9 and 10 being Endurance programs.
Consult a coach for more details on the selection and use of a program.

The profile will flash on the display.

3. Entering your datas

You'll then be able to choose the goal of your workout : time, distance and calorie.
Select the data with UP and DOWN then press ENTER.
Do the same for Distance and Calories, Then, press START/STOP to start.
For a quicker start, press the Quick start button and start pedaling.

4. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are sixteen resistance levels. Note: After you've pressed the buttons, it will take a moment for the pedals to reach the selected resistance level.

5. When you are finished exercising, the console will automatically turn off

If the pedals do not move for a few seconds the console will turn off.
At the end of a program, you will hear a tone and the program will flash.

WATT PROGRAM :

1. Turn on the console.

To turn on the console,press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a Watt program

When you turn on the console, the word MANUAL will flash on the display.
Press Up or DOWN in order to select the program WATT. The WATT will flash on the display. Press ENTER to validate.

3. Entering your datas

You'll then be able to choose the goal of your workout : time, distance and calorie.
Select the data with UP and DOWN then press ENTER.
Do the same for Distance, Calories and WATT, Then, press START/STOP to start.

NOTE : Since this program is based on your speed, you cannot change the resistance of the pedals as desired.

4. When you are finished exercising, the console will automatically turn off
If the pedals do not move for a few seconds the console will turn off.
At the end of a program, you will hear a tone and the program will flash.

HEART RATE CONTROL PROGRAMS :

1. Turn on the console.

To turn on the console,press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a Heart Rate program

When you turn on the console, the word MANUAL will flash on the display.
Press Up or DOWN in order to select one program Heart

Rate. The HR program will flash on the display. Press ENTER to validate.

Press UP and DOWN to choose your heart rate goal (55%, 75% ou 90% of your maximum heart rate or your precise goal TARGET HR)
The HRC is calculated as follow : 220- your age. Fr instance, for a person of 35 years old : 220-35 = 185 pulse/min.

3. Entering your datas

You'll then be able to choose the goal of your workout : time, distance and calorie.
Select the data with UP and DOWN then press ENTER. Do the same for Distance, Calories and AGE, Then, press START/STOP to start.
Note :Take care to provide the right AGE in order to calculate correclty the % of maximum Heart Rate
During your heart rate control program you cannot modify the resistance, the level of resistance changes automatically forcing you to reach your heart rate goal.
Note : You have to leave your hands on the contacts.

5. When you are finished exercising, the console will automatically turn off

If the pedals do not move for a few seconds, the word STOP will appear in the display, and the console will turn off. At the end of a program, you will hear a tone and the program will flash.

USER SETTING PROGRAMS :

1. Turn on the console.

To turn on the console,press any button on the console or simply begin pedaling. The entire display will light for a moment; the console will then be ready for use.

2. Select a Custom program

When you turn on the console, the word MANUAL will flash on the display.
Press Up or DOWN in order to select the custom program you want. Press ENTER to validate.

3. Enter your data

Time is flashing, use UP and DOWN to select the value and press ENTER. Distance will flash, set the value on the same way and press enter to validate. Do the same for Calories.
The user is now free to modify the values of resistance, there are 16 levels of resistance. This profile will be saved in the console after the set up. Once your program is selected and after having pressed the ENTER button, the first column start flashing and you can press up and down to increase or decrease the values and create your profile. Press ENTER to validate the value. You will then be able to adjust the values for the second column and so on. Do the same for the 10 columns. Then, press START/STOP to start.

5. When you are finished exercising, the console will automatically turn off

If the pedals do not move for a few seconds, the word STOP will appear in the display, and the console will turn off.
At the end of a program, you will hear a tone and the program will flash.

BODYFAT TEST :

1. Turn on the console

To turn on the console, press any button on the console or simply begin pedaling.

2.Select the body Fat Test
Press the UP and DOWN button to select the Body Fat program. Wait until the FAT begin flashing. Press the ENTER button to validate. This is a special test designed to calculate users' body fat pourcentage (FAT%), Base Metabolic Rate (BMR), Body Mass Index (BMI) and provide you a body Type.

3.Entering your datas

Height is flashing, adjust to your size with the button Up and Down and then validate with ENTER. Adjust in the same way the value of WEIGTH, AGE, SEX and validate each time by pressing ENTER. Then, press the ST/SP button in order to start to calculate.
During the body fat measurement, place both your palms on the contact pads. The test
result are:
FAT%: The total body fat in our body measured by percentage
BMR Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended
by the body at rest to maintain normal bodily function.
BMI: means Body Mass Index, which is used for body shape building.
During the body fat measurement, if your palms do not contact the pulse sensor well, the computer cannot receive any signal and it will display ERROR2. Press START/STOP to try again.
During the test, you cannot exit the test when press any button. After the test finish, press UP, DOWN to exit the body fat measurement program and switch to other program.

Body Shape / Age/Gender FAT%	Slim	Healthy	Fleshy	Over WT	Obese
	BODY1	BODY2	BODY3	BODY4	BODY5
Male/≤30 years old	＜14%	14%～20%	20. 1%～25%	25. 1%～35%	＞35%
Male/＞30 years old	＜17%	17%～23%	23. 1%～28%	28. 1%～38%	＞38%
Female/≤30 years old	＜17%	17%～24%	24. 1%～30%	30. 1%～40%	＞40%
Female/＞30 years old	＜20%	20%～27%	27. 1%～33%	33. 1%～43%	＞43%

EXERCISE GUIDELINES

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training one. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

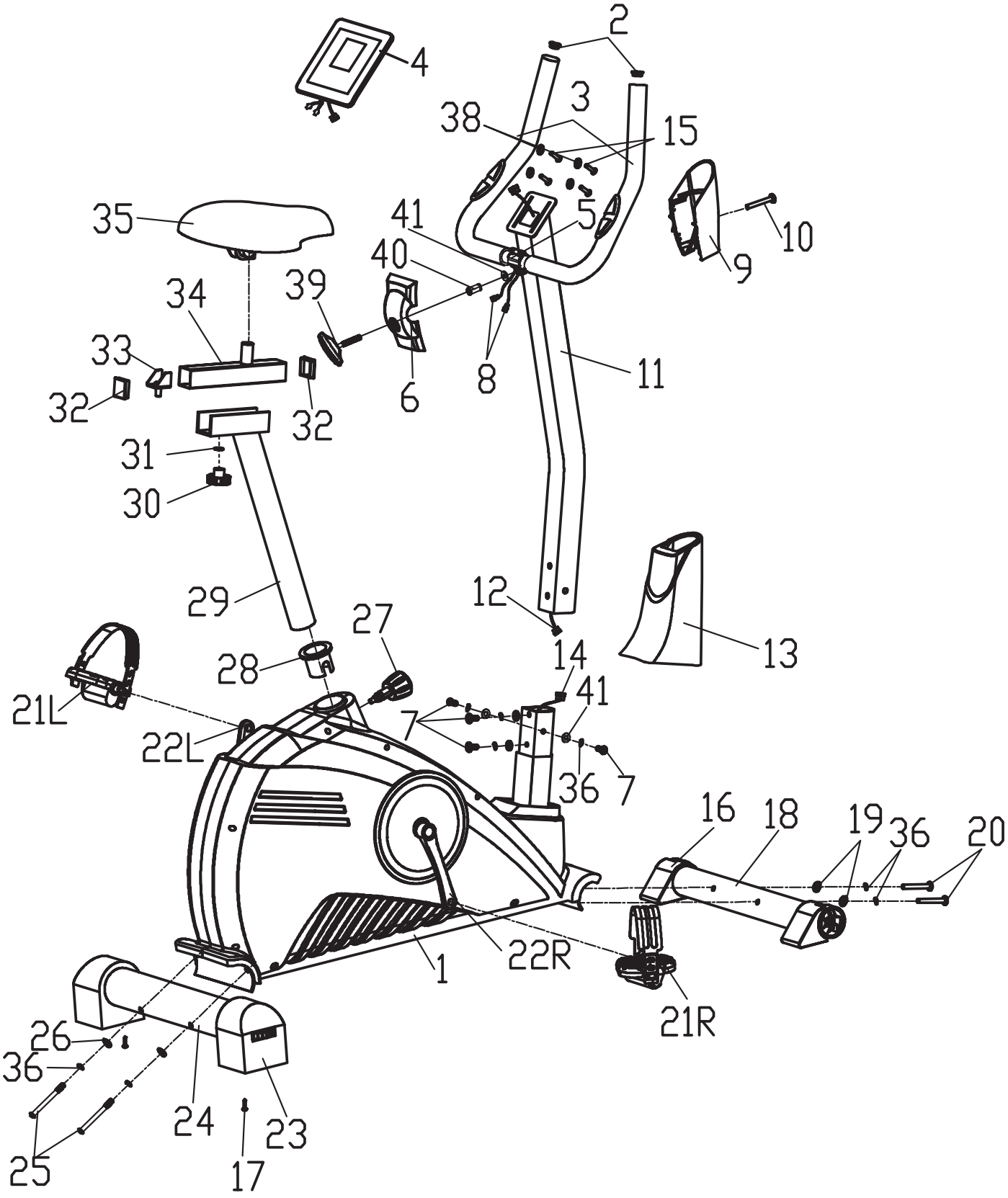
Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During he first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

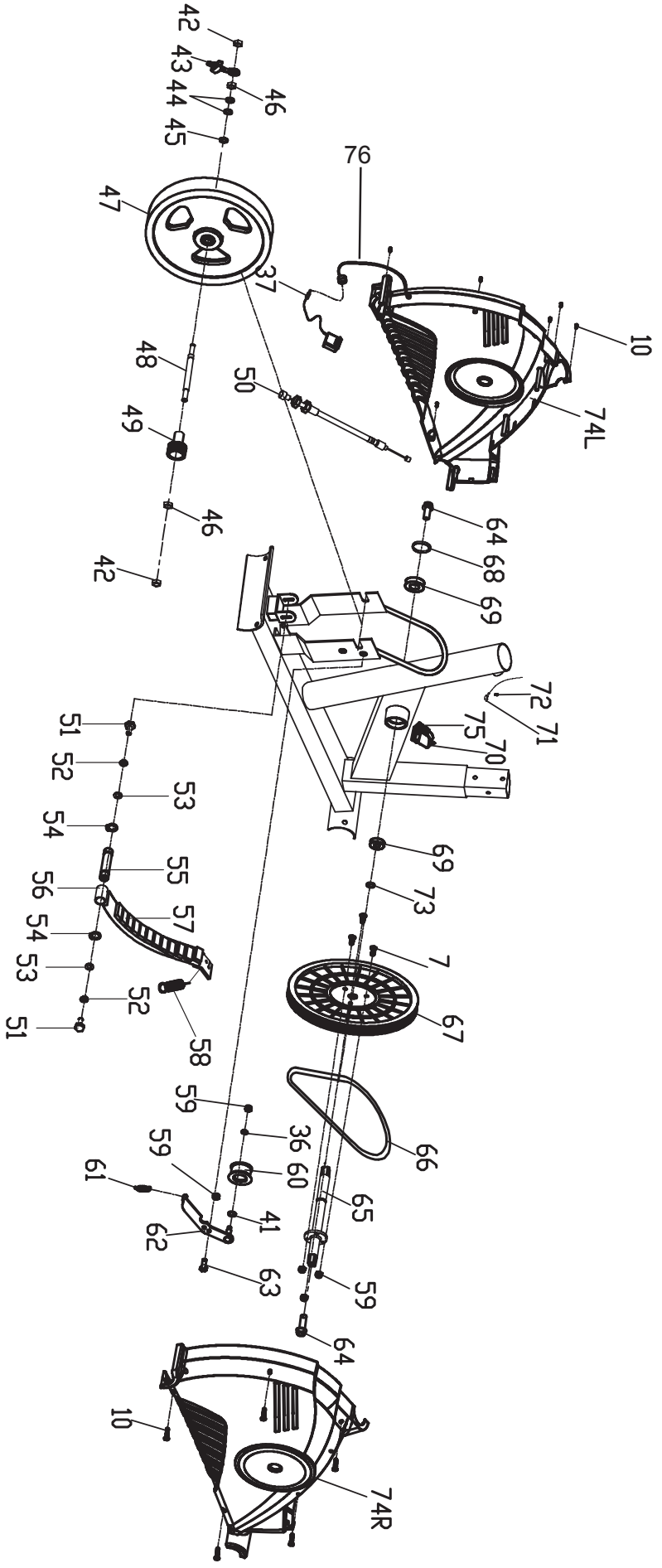
EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

EXPLODED DRAWING—Model No. PFIVEX87212.0 part 1



EXPLODED DRAWING—Model No. PFIVEX87212.0 part 2



PART LIST—Model No. PFIVEX87212.0

Item	Description	Qty.
1	Main frame	1
2	Round end cap	2
3	Handlebar foam grip	2
4	Meter	1
5	Handlebar	1
6	Front handlebar cover	1
7	Allen bolt M8×15	7
8	Pulse sensor wire	2
9	Rear handlebar cover	1
10	Tapping screw ST4.2×18	13
11	Handlebar post	1
12	Extension sensor wire	1
13	Mast shield	1
14	Lower sensor wire	1
15	Screw M5X12	4
16	Roller end cap	2
17	Cross tapping screw ST3.5×20	2
18	Front stabilizer	1
19	Arc washer D8×Φ19×1.5×R30	2
20	Allen bolt M8×75	2
21	Pedal	2
22	Crank	2
23	Leveler end cap	2
24	Rear stabilizer	1
25	Allen bolt M8×92	2
26	Arc washer d8×2×Φ25×R39	2
27	Pop-pin knob M16x1.5	1
28	Saddle post bushing	1
29	Saddle post	1
30	Knob nut M10	1
31	Flat washer d10	1
32	Square end cap	2
33	U-shaped slider	1
34	Horizontal saddle post	1
35	Saddle	1
36	Spring washer D8	9
37	Adapter	1
38	Flat washer D5	4

Item	Description	Qty.
39	Bolt M8X65	1
40	Spacer	1
41	Flat washer D8	6
42	Hex nut M10×1	2
43	Bolt M6X60	1
44	Spacer	2
45	Cone spacer	1
46	Hex thin nut M10×1	2
47	Flywheel	1
48	Flywheel axle	1
49	Small belt wheel	1
50	Tension cable	1
51	Hex bolt M6×15	2
52	Spring washer D6	2
53	Flat washer D6	2
54	Washer D12	2
55	Magnetic board axle	1
56	Magnetic board	1
57	Magnetic	10
58	Spring	1
59	Nylon nut M8	5
60	Idle wheel	1
61	Spring	1
62	Idle wheel conrod	1
63	Bolt M8×20.5	1
64	Flange bolt M8×25	2
65	Axle	1
66	Belt	1
67	Belt tray	1
68	Washer D17	1
69	Bearing	2
70	Motor	1
71	Sensor	1
72	Screw ST3×10	2
73	Spacer	1
74	Chain cover	2
75	Screw M4X18	4
76	Main adapter	1

ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

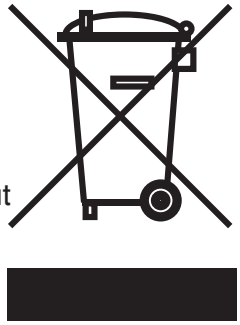
• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.



SPECIFICATION :

Open Dimension : (L x l x h): 104 x 52 x 141 cm
Product Weight : 31 Kg

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